



DEPARTMENT OF THE INTERIOR

INFORMATION SERVICE

FISH AND WILDLIFE SERVICE

For Release UPON RECEIPT

SURPLUS FISH CAN BE SMOKED AT HOME

Another excellent and economical method whereby extra fish may be preserved for future home use is smoking (supplementing material contained in our recent release "Surplus Catches of Fish Can be Canned At Home"). If done correctly, a finished product of high quality, attractive in appearance and appetizing in taste, will result.

"There are two general methods of smoking fish—hot smoking or 'barbecuing', and cold smoking", according to fishery technologists of the Fish and Wildlife Service, United States Department of the Interior.

"In the first method the fish are laid three or four feet above a fire, and cured at temperatures from 150 to 200 degrees F. The fish are wholly or partially cooked by this method, and therefore, no matter how carefully prepared, or how long smoked, will 'keep' for periods of from a few days to a couple of weeks.

"If fish is to be preserved for any period of time, the cold smoking method should be used. In this process the fish are cured over a low smoldering fire at a temperature of 90 degrees F., or less. The efficiency of the process depends on the drying action of the fire, which must be carried

on at a temperature that will not cook the flesh. Fish may be given a short cold smoke, if preservation is intended for a few days only, or cured for several days if it is wished to 'keep' them for some time. This product is comparable to ham or bacon and should be cooked before using. The same general principles governing smoking, handling, and storing of cured meats should be followed in smoking fish."

These instructions, extracted from Memorandum S-331, "Method for Smoking Fish in the Southern States", by Norman D. Jarvis, Service fisheries technologist, are only general methods, to be used on a typical variety under average conditions. To quote Jarvis, "This is intended as a guide, not an infallible recipe. To smoke fish successfully, you must experiment and use your own intelligence--altering the method according to the preference of your market (amount of salt and smoke flavor), the variety of fish, and weather conditions. The smoking operation is simple, but thought, care, and observation are required to get the most desirable results."

Memorandum S-331, which discusses various methods of home smoking of fish, is available for free distribution upon request to the Publications Office, Fish and Wildlife Service, United States Department of the Interior, Washington, D. C.

Most persons relish smoked fish; others find it an easy taste to acquire. It lends itself to many ways of preparation, according to the method used in smoking. It is delicious as an appetizer in creoles, salads, sandwiches, or cooked by any good finnan haddie recipe to be served hot. The left-overs offer many possibilities to tempt the appetite. In any instance, smoked fish is rich in food value because the water content has been, to a large extent, eliminated.

"Barbecued" or hot-smoked fish of any variety needs no further cooking. The skin may be removed at the table, or just before coming to the table, in keeping

with the plan of the meal. If desired, various condiments may be used, such as pepper, catsup, relishes, onions, etc., depending upon the variety of fish and the tastes of the family.

The following are suggested recipes for smoked fish:

Broiled Smoked Spanish Mackerel

Two smoked Spanish mackerel. Wash, clean, and freshen in cold water for one hour, or longer if necessary. Drain, dry, and sprinkle well with butter or cooking oil. The broiler should be preheated to the right temperature. Place on the rack, flesh side up. Broil 3 minutes, then turn and finish broiling 4 minutes. Serve with lemon, butter, or if preferred, the melted butter and pepper. Larger fish would need several more minutes of broiling.

Smoked Fish in Milk

3 pounds smoked fish
1 cup whole milk or cream
3 tablespoons butter or good cooking oil
Pepper, salt--if needed

If the fish have been heavily salted before smoking, freshen 1 hour or more in cold water before cooking. Drain, dry, and place skin side down, on a greased baking pan or skillet. Pour over the milk, adding butter and pepper and cook slowly in oven, or over slow fire from 8 to 12 minutes. Remove to platter, and pour the liquid about the fish. Garnish with parsley.

Smoked Fish Souffle

2 eggs, yolks and whites beaten separately
2 cups cooked rice
1-1/2 cups milk
1 cup cold cooked smoked fish flakes
2 tablespoons fat
Salt, pepper, paprika

Beat egg yolks until thick and lemon colored. Add fish flakes, milk, rice, butter, and seasonings. Fold in carefully the stiff beaten egg whites. Pour into a greased baking dish, which, set in a pan of hot water and bake three-quarters of an hour at 350 degrees F. Serve with or without a tasty fish sauce.

Baked Smoked Fish

Two cold smoked fish, or the amount needed by the family for one or more meals. Freshen in cold water 1 hour or more before cooking. Remove any foreign particles, and dry. Place in a greased baking pan, flesh side up. Sprinkle well

with any good cooking oil. Sprinkle with finely diced onion and carrot. Cover with milk. Bake from 20 minutes to 1 hour according to thickness of flesh and length of time fish have been smoked. Baste from time to time as milk evaporates. Remove to platter. Garnish with parsley. Serve hot.

Smoked Fish Croquettes

2 cups of fish flakes
1 cup of mashed potatoes, either hot or cold
1-1/2 teaspoons salt
1/8 teaspoon pepper
2 eggs--Use 1 in croquette mixture; use 1 in which to dip
croquette when crumbling
1 clove garlic mashed and rubbed over the mixing bowl if desired
Bread crumbs

Combine potatoes, salt, pepper, fish flakes and eggs, well beaten. Mix thoroughly and form into croquettes. Roll in fine bread crumbs, then in beaten egg to which water has been added, or thinned canned milk, drain and roll in bread crumbs again. Fry in deep hot cooking oil or fat, at 390 degrees F., until nicely browned. Drain and serve hot.

Smoked Fish Flakes Scalloped with Potatoes

1 pint cold flaked fish
4 tablespoons oil
4 tablespoons flour
2 teaspoons lemon juice
1 cup milk
1 cup smoked fish stock
2 cups cold potatoes
1 teaspoon tabasco sauce
Pepper

Make a smooth cream sauce of oil, fat, liquid, add seasonings and blend well. Place a layer of potatoes in greased casserole, then one of fish, one of cream sauce. Repeat until ingredients are used. Top with sauce. Bake until nicely browned.

Creamed Smoked Fish

1-1/2 cups cooked flaked fish
1 cup milk
1 cup fish stock
4 tablespoons flour
4 tablespoons fat or oil
1 teaspoon Worcestershire Sauce
Salt, papper

Make a medium white sauce of flour, fat, salt, pepper, liquid, and stir smooth. Add fish flakes and heat through. Variations of this may be had by adding eggs, carrots, and peas, parsley, etc.